

# Beechwood Primary Academy

## Weekly Newsletter

“Living, learning and thriving”



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Please follow us on the Discovery Multi Academy Trust Facebook page

### 4th December 2020

#### BARVEMBER MATHS CHALLENGE!



Huge congratulations to Dazzle Class for winning this year's Barvember Maths Challenge. Classes had to compete against each other to complete the most maths problems in the month of November involving bar models. Well done!



Also a very well done to Memory Class who were this year's runners up.



#### CLASS DOJO POINTS

Well done to Olly S who has been awarded 75 Class Dojos for excellent learning.

His reward is to learn about a topic of his choice. Olly has chosen WWII and will hopefully enjoy learning about morse code later this week.

Well done!



## DIARY DATES

(These dates may be subject to change)



### 2020/2021

Wed 16th Dec	Christmas Lunch - Nursery/Rec/Yr1/Yr3/Yr4
Thurs 17th Dec	Christmas Lunch - Yr2/Yr5/Yr6
Fri 18th Dec	Christmas Jumper Mufti
Fri 18th Dec	Last Day of Term
Mon 21st Dec to Mon 15th Feb to	Fri 1st Jan - CHRISTMAS BREAK
Mon 22nd Feb	Fri 19th Feb - HALF TERM
Thurs 1st April	Non Pupil Day
Fri 2nd April to	Non Pupil Day
Mon 3rd May	Fri 16th April - EASTER BREAK
Mon 31st May	Bank Holiday
Mon 26th July to	Fri 4th June - HALF TERM
	Tues 7th Sept - SUMMER BREAK

## FLU VACCINATION

Please ring the number below if your child missed the flu vaccination. Thank you.

**0300 247 0082**



## SCHOOL ADMISSIONS

Please be reminded that applications for Primary School Admission places are now open. Applications need to be completed by **Friday 15th January 2021**. Please see more information on:-

[primary.admissions@plymouth.gov.uk](mailto:primary.admissions@plymouth.gov.uk)



## CHRISTMAS LUNCH



Please ensure your child's Parent Pay lunch account is topped up if they are in Year 3 to Year 6. All meals need to be paid for in advance.

Children in receipt of Universal Free School Meals (Rec/Yr1/Yr2) and if you are in receipt of Free School Meals do not need to pay.

Thank you.

## PTFA MUFTI

Thank you for your kind donations last week. **£230.67** was raised towards the P.T.F.A. funds. Thank you.

## POLITE REMINDER

Could we please remind parents/carers to follow social distancing whilst on the school grounds and to stay behind the red lines outside of the POD doors. This is to ensure that children, staff and parents are kept safe and we can abide by the 2m distancing rule.

We also request that only one parents/carer enters the grounds to drop off children and to please wear face coverings.

Thank you to everyone who are following these guidelines and being prompt dropping children off at the doors reducing congestion on the school grounds. Thank you.



Using these metaphors (written by the NSPCC) can boost our understanding of child development and increase support for ensuring children and young people have healthy development and grow up in supportive and loving families and communities.

**Toxic Stress** - Toxic Stress happens when a child experiences severe and on-going stress – like extreme poverty, abuse or violence in the community – without consistent supportive relationships. Here's a video to illustrate the metaphor:



<https://www.youtube.com/watch?v=YFarEj1sGA&list=PLqA6Q-vvA4sNtS7AOONhiXoNsHIAhTBJG&index=2&t=0s>

*Have a great Weekend!*  
*Mrs Evans - Head of School*

## COVID-19 INFORMATION PAGE

### CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



### BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



### KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as possible.



### Catch it! Bin it! Kill it!

We are entering the cold and flu season and with the current situation regarding Covid 19, it is even more important that children remember the Catch it! Bin It! Kill it! routine.

This, along with regular handwashing throughout the day is a vital way to reduce the transmission of infection, not only for Covid but also colds and flu during these challenging times.

Please reinforce the Catch it! Bin It! Kill it! routine with your children at home.

Thank you.



**If your child has:**  
**a high temperature**  
**a new, continuous cough, or**  
**a loss of, or change in, sense of**  
**smell or taste**

**This could be a sign of**  
**coronavirus**

**Book a test**

**If your child has:**  
**a runny nose, is sneezing or**  
**feeling unwell**  
**But they don't have:**  
**a high temperature**  
**a new, continuous cough, or**  
**a loss of, or change in,**  
**sense of smell or taste**

**These are**  
**not normally symptoms of**  
**coronavirus**

**Seek advice from a pharmacy, dial**  
**111 or see your GP**

### NHS APP

The new NHS Covid19 app is now available to download.

This app is available for anyone **aged 16 years and above**. Please follow the link for further information.

<https://covid19.nhs.uk/pdf/introducing-the-app.pdf>

### DFE HELPLINE FOR EDUCATION

The DfE have set up a helpline for Education advice regarding the Covid-19 virus for staff and parents.

Phone : 0800 046 8687

Email : [DfE.coronavirushelpline@education.gov.uk](mailto:DfE.coronavirushelpline@education.gov.uk)

Opening hours : 8am to 6pm (Monday to Friday)

### COVID TESTING - CALL 119

If parents or carers are unable to book a local Covid test slot, then they can use the email below explaining that the test is for a child attending a Plymouth school. The CCG team will triage those families with children and adults with symptoms and book them in for a test and provide information on how to get to the site. A priority is given to key worker parents, to help support the local key worker workforce and get staff back to work.

[d-ccg.cornwalldevon.urgenttesting@nhs.net](mailto:d-ccg.cornwalldevon.urgenttesting@nhs.net)

### IMPORTANT INFORMATION FOR HOME SCHOOLING DURING ISOLATION OR QUARANTINE



For children who are self-isolating or quarantining, we are pleased to direct you to the following link for Home Learning:-

<https://www.bbc.co.uk/bitesize/articles/zknj4xs>

Please click on the appropriate year group and you can access lots of activities for your child. Your child's teacher will also be in contact on eSchools or tapestry and they will be happy to answer any questions or respond to messages relating to Home Learning.

If you require any information about logging into eSchools or Tapestry, or any information about your child's learning while they are away from school, please do not hesitate to contact the school office who can make sure your query is directed to the teacher. Thank you.



For upcoming events for the Plymouth Schools Sports Partnership or to read some of our blogs, please visit [www.yourschoolgames.com](http://www.yourschoolgames.com) and search for our school.  
<https://www.yourschoolgames.com/> <http://www.plymouthssp.co.uk/>



Smart devices promise to make our lives easier. In many cases - they do, however these new technologies present risks too. Whether you're using a digital assistant to record your shopping list or you're controlling your lights through a smart system, many smart functions can be 'hacked' and controlled by someone outside your home. This guide will help you identify some of the ways you can stay alert and protect yourself.

1

## KNOW THE RISKS

The success of any smart device relies on it communicating with other devices using the Internet. It's an unavoidable part of using smart devices, but it does expose you to numerous risks. Attackers could use the Internet connection to steal your data for identity fraud or to make unauthorised purchases through your devices. There is even potential for more sinister exploitation, such as child grooming or cyber-bullying.

2

## WHAT IS THE INTERNET OF THINGS?

This is the term given to all the devices connected to the Internet in your home. It includes a new digital doorbell connected to your smartphone, your kettle that boils when you tell it to on your tablet or your heating that comes on when you swipe on your smart watch. The Internet of Things (IoT) is designed to make life easier, but it also opens up your home network to potential cyber-attacks. It doesn't mean you can't enjoy the benefits, but it does mean being aware of the potential negatives.

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## KEEP YOUR SOFTWARE UP TO DATE

Manufacturers constantly update and improve software used in smart devices. Some will automatically alert you to an update, but not all do. To be on the safe side, it's a good idea to set reminders in your calendar. Check the manufacturer's website for any updates and run them if necessary.



3

## CHECK ENCRYPTION SETTINGS

Whenever data is sent over the Internet, it is encrypted. This makes it harder to read if it's intercepted. You should look to use a strong encryption setting, such as WPA2, rather than WPA or WEP. You can check your router manual on how to do this.

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## RENAME THE 'GATEWAY' TO YOUR HOME

Your Internet router is the virtual gateway to your home network. It needs protecting. To do this, you should change the default name (the SSID) and password. You can usually find steps to do this in the instruction manual. Don't use your family name. Choose something more obscure. Make the password complicated too, using upper and lower case letters, numbers and symbols. Do this for your router and any other smart devices connected to the Internet.



# 12 Top Tips To Get Smart About The DEVICES In Your Home



National Online Safety®



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## USE A SEPARATE NETWORK FOR GUESTS

If your router has a feature that allows you to set up a separate network for guests, you should use it. That way, when guests use your Wi-Fi, they won't have access to your devices.

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## TRUST YOUR INSTINCTS

If you ever feel something is wrong in your network is being exploited, visit the manufacturer's website or ring their technical support department. It's better to be safe than sorry.



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## SAY GOODBYE TO SIRI AND ALEXA

It's a great idea to change the activation words on your smart devices so they are unique to you and your family. This makes it that much harder for people to break into your smart devices.



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## DEACTIVATE ANY UNNECESSARY FEATURES

Though it's a fun idea, you probably don't need to control your kettle from outside the house. In fact, there are often many unnecessary features included on smart devices. Where possible, you should look to disable these. Doing so reduces the ability for people to hack your devices. When someone sees you've actively taken steps to increase security, they're less inclined to try to compromise them.



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## BUILD A WALL

You could also purchase a dedicated 'firewall' device. This is something that plugs into your network and stops cyber threats reaching your router. Some routers do have a firewall element included, but they are no replacement for the real thing. A firewall device thoroughly analyses information coming in and out of your network and helps stop malicious attacks. A security device is strongly recommended to anyone who works from home or deals with sensitive information.

## Meet our expert

Emma was a secondary school Computer Science Teacher for more than decade. Since leaving education, she has been working in a cyber security firm delivering cyber awareness training to businesses and carrying out network testing. She is a mother of a five-year-old and has vast experience of controlling and managing how children access online services and use apps.



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## SECURE YOUR SMARTPHONE

If you do use apps on your smartphone to control devices in your home, make sure your smartphone is secure. At the very least makes sure the pin function is enabled, as well as any biometric authentication you have. Where possible, it's also a good idea to download some anti-virus software for your smartphone too.



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## REGULARLY AUDIT YOUR DEVICES AND CONSOLES

Every now and then you should check through all of your smart devices including games consoles connected to the Internet. Turn them off at the mains and disconnect them from the Internet. In fact, it's good practice to disconnect any devices that aren't in use. It's a small thing but really does help. Even when you think a device might be in sleep mode, if it's connected to the Internet it could still be listening or streaming data.



SOURCES: <http://www.ftcc.gov.uk>, <http://www.getsafeonline.org>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

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